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Items of Interest:

Holidays the Healthy Way. The holidays are in full swing, which means lots of family, fun...and FOOD! But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy eating plan. The key is balance and moderation. To avoid holiday weight gain, balance the calories you consume with the calories you burn. Physical activity and moderate food choices will help. Let the holidays move you! Tips on keeping the holiday weight off: stick to your regular exercise routine as much as possible, dance or exercise to your favorite holiday music, be physically active to avoid or relieve the holiday stress, and do not over eat. Keep food and drink in moderation. Just because a ton of food is there for the eating, does not mean you have to eat every bit of it. And just because the wine is flowing, does not mean you have to drink yourself stupid. For more holiday health tips, visit www.cdc.gov

Navy and Marine Corps Medical News

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Naval Hospital Jacksonville Pearl Harbor Anniversary Observance Focuses on Navy Medicine's Role

By Loren Barnes, Naval Hospital Jacksonville Public Affairs

JACKSONVILLE, Fla. - Naval Hospital Jacksonville (NH Jax) marked the 65th Anniversary of the Pearl Harbor Attack on Dec. 7 with an observance at morning Quarters. Seventeen Jacksonville-area retired Navy Admirals joined the hospital staff in saluting the colors as the flag was raised and lowered to half mast. This was followed by a smartly executed rifle drill performed by the Naval Hospital Jacksonville Color Guard.

NH Jax Commanding Officer Capt. Raquel Bono and Navy Nurse Cmdr. Angela Nimmo delivered remarks on the sacrifices made on Dec. 7, 1941.

Bono's remarks drew parallels between the events of that fateful day and those of Sept. 11, 2001. She recalled that the Japanese architect of the surprise attack expressed his concern afterward that they had "awakened a sleeping giant," and that his countrymen had instilled in that giant "a terrible resolve." In World War II that resolve carried "the greatest generation" to victory in a war fought in two theaters on opposite sides of the Earth. Today, it carries our fighting men and women through the challenges of the global War on Terror.

Nimmo read an account by Navy

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PERSIAN GULF - The multipurpose amphibious assault ship USS Boxer (LHD 4) dental staff performs dental surgery Dec. 1. U.S. Navy photo by Mass Communication Specialist Seaman Joshua Martin

Corpsman Rewarded for Saving two Marines' Lives

By Cpl. Quentin Grogan, Marine
Corps Logistics Base Barstow

MARINE CORPS LOGISTICS BASE BARSTOW, Calif. - During his deployment to Iraq, Hospital Corpsman Robert Clark, primary care, branch medical clinic, was put in a situation he trained for, but never wanted to see.

Following an improvised explosive device explosion (IED), Clark was called on to save the lives of the Marines he came to know really well; he calls them his brothers.

On Jan. 19, Clark was deployed to Camp Fallujah in Al Kharma, Iraq.

"I trained with the Marines for a while. Everything they did, I did," said Clark.

On June 20, Clark and the Marines he was assigned with went out on patrol at 4 a.m. The patrol consisted of five vehicles, Clark being in the fourth and was only intended to last until 11 a.m.

The patrol was to be a short one, two checkpoints and back home.

After completing the first checkpoint, they went on to the second.

To get there they had to drive on a dirt road, cross a bridge and continue on to the second check point. After they crossed the bridge, Clark noticed the fifth vehicle was not behind them.

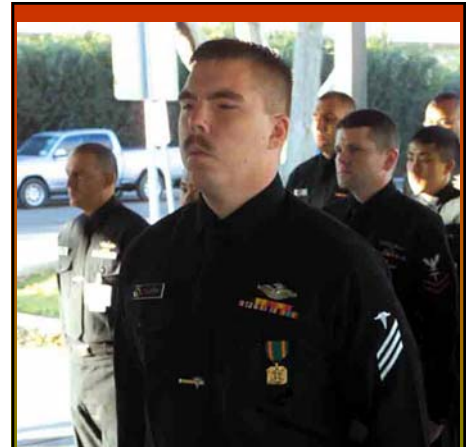
The corpsman and the Marines heard the explosion, but hoped it had not hit anyone.

"Hey Matt, do you see the last truck," Clark asked. "No doc." Clark then called the last truck and did not get a response.

At that point they knew what had happened, the truck had been hit. Clark immediately jumped out of the vehicle and sprinted back to the last Hummer. There he saw what was left.

"It did not look like a humvee at all," he said.

The IED was in the middle of the street, hidden beneath the dirt. When the final truck passed over, it was remotely detonated and flipped the truck a couple of times before it finally came to a stop, said Clark. When he arrived at the truck, the corpsman immediately went from Marine to Marine providing medical aid to each of them.



MARINE CORPS LOGISTICS BASE BARSTOW, Calif. - Hospital Corpsman Robert Clark was awarded the Navy and Marine Corps Achievement medal with Valor on Monday after he saved the lives of two Marines in Iraq when their vehicle hit an improvised explosive device during a convoy, Dec. 14. *U.S. Marine Corps photo by Cpl. Quentin Grogan*

There were a total of five Marines, Clark said. Of those five, Clark saved two of their lives, two

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Resource Awareness Key to Surviving Holiday Stress

By Mass Communication Specialist Seamen Apprentice
Joshua Adam Nuzzo, Fleet Public Affairs Center Atlantic

PORTSMOUTH, Va. - Navy Environmental Health Center (NEHC) at Naval Medical Center Portsmouth (NMCP) is offering resources to help Sailors deal with stress and maintain good mental and physical health in during the holidays and the new year.

NEHC offers tools to help Sailors cope with holiday-related issues that can cause unwanted stress and problems.

"We all know that people might spend more than they typically would during the holidays, thinking that in January, they will pay the bills. But then, things happen and they can't pay for anything," said Lt. Cmdr. James Reasor, the Continuity of Psychiatric Care Program Division Officer at NMCP.

NEHC offers programs in nutrition, suicide prevention and physical fitness to help Sailors stay armed and ready to combat holiday stress.

"Make sure we are taking care of ourselves," said Mark Long, education director and program manager for tobacco cessation, stress management, and suicide prevention. "Sometimes during the holidays we get together with our families and that can be good, but

sometimes it can bring out the bad and ugly in us as well."

Long says that people need to prepare for stressful situations and that exercise and a proper diet can help reduce the emotional wear and tear of the holiday season.

People can find help through the chain of command, chaplains, friends or family, or by visiting NEHC's website for advice on dealing with holiday stress.

NEHC also recommends visiting Military OneSource. The interactive Web site offers online articles, help finding educational opportunities, help with child care, referrals to military and community resources, etc. The service is available by phone, online, face-to-face and through private counseling sessions in the local community.

"If you are concerned about somebody, go talk to them," said Long. "Depression can happen to anyone. Ask them what's going on and encourage them to get help or take them to medical right away."

For more information on dealing with holiday stress visit the NEHC website at www-nehc.med.navy.mil or call the Suicide Prevention Hotline at (800) 784-2433.

Medical Personnel Train for Mass Casualty Scenario

By Lance Cpl. Corey A. Blodgett,
Marine Corps Base Camp Butler

CAMP COURTNEY, OKINAWA, Japan - Marine Corps Bases Japan (MCBJ) Anti-Terrorism Force Protection conducted a mass casualty drill to test the response to such an event Nov. 30. The drill focused on the abilities of emergency response personnel from MCBJ Fire Department, Camp Butler Provost Marshals Office, Bush Medical Clinic on Camp Courtney and U.S. Naval Hospital Okinawa to respond to a simulated car-bombing of a residential tower on Camp Courtney.

"When a hospital receives three to five injured people it is considered a mass casualty," said Christopher White, the assistant anti-terrorism officer for MCBJ and exercise coordinator. "We maxed that out with this drill by bringing in 40 simulated dead and wounded, which is not near what we would see in a real terrorist act such as this."

The simulated scenario consisted of a 4,500-pound vehicular-borne improvised explosive device

that pulled up next to tower 4513 on Camp Courtney and exploded. The drill was meant to test the capabilities of the clinic and USNH to receive and process the numerous casualties as well as the efficiency of first responders.

"The mock casualties were first taken to a triage area where they were given first aid, evaluated and transferred to the appropriate facility - either the clinic for those with minimal wounds or USNH for more serious injuries," said Timothy J. Morello, the anti-terrorism officer for MCBJ and supervisor of the event.

"Once they arrived at the hospital, they were sent to the appropriate care area such as the operation room or intensive care unit," Morello said. "They were actually routed all through the hospital, just the way they would be in a real scenario."

"The mock casualties had cards designating types of injuries and their severity so emergency personnel could administer first aid and determine where to send them," Morello said. The cards also served

as a tracking system to evaluate the drill later.

"We could track every casualty's movement from when the blast occurred, to when the firemen first reached them, to when they arrived in triage and to when they were treated at the hospital," White said.

Each response element had observers critiquing their unit during the entire event for further evaluation of the scenario.

"There were observers for each component involved," Morello explained. "We will be doing an after action report using all that information, and that is what will allow us to improve."

"The scenario cannot be completely evaluated until the units compile all the information, but the drill built confidence in those who observed it," Morello said.

"It went great. The response elements were there quickly and everyone did their job," he said. "Did it go perfectly? No, but that's why we have these things. However, we learned a lot from this and it's going to make people safer."

Pearl Harbor continued...

(Continued from page 1)

Nurse Lt. Ruth Erickson recalling her experiences and the role of Navy Medicine at Pearl Harbor. In that account, Erickson drew a picture of normalcy that lasted right up to the opening moments of the attack. She recalled, "Cars were few and far between, but two nurses had them. Many aviators were attached to Ford Island. Thus there was dating. We had the tennis courts, swimming at the beach, and picnics. The large hotel at Wai-kiki was the Royal Hawaiian, where we enjoyed an occasional beautiful evening and dancing under starlit skies to lovely Hawaiian melodies."

Then, just before 8 a.m., the world changed. Erickson recalled running to the window of her quarters to look up and see a Japanese plane with the rising sun on its wings passing overhead that she could see face of the enemy. Not wasting ammo on her building, he was headed for Pearl Harbor's Battleship Row where most of the U.S. Pacific Fleet was moored and unprepared. The War in the Pacific was on.

Erickson recalled a phone call from the chief nurse, Gertrude Arnest, saying, "Girls, get into your uniforms at once. This is the real thing!" Then Erickson described racing through shrapnel to the hospital to prepare for

the wounded.

Twenty-one ships were destroyed that day including eight of the big battleships. The count of American aircraft losses was 188 with another 159 damaged, most before they even could take to the air. Most terrible was the loss of life. Our nation continues to mourn and honor 2,403 that perished on that day as well as the 1,178 who were wounded.

By Erickson's accounting Navy medical personnel performed courageously that day. She said the first patient came through the Naval Hospital's doors at 8:35 a.m. mortally wounded with major open wounds, he expired within the hour. A total of 546 battle casualties and 313 dead were brought to the hospital with injuries varying from extensive penetrating wounds to minor injuries requiring first aid. More than 400 were admitted within a three-hour period. The census of patients in the hospital at midnight, Dec. 7 was 960.

Bono reminded those at the ceremony in her closing remarks that Naval Hospital Jacksonville was established in 1941 and treated its share of the World War II wounded. Today, the hospital and Navy Medicine deploys with our troops to the frontlines in support of the War on Terrorism delivering "World Class Care... Anytime, Anywhere!" just as they did 65 years ago.

Doctors, Corpsmen Practice Hand-to-Hand Combat

By Lance Cpl. Geoffrey P. Ingersoll,
1st Marine Logistics Group

CAMP TAQADDUM, Iraq - When they're not combating patients' injuries, a few doctors and corpsmen at Taqaddum (TQ) Surgical are learning hand-to-hand combat, Marine Corps' style.

Sailors recently attended Marine Corps Martial Arts Program (MCMAP) classes a few hours every day for approximately two weeks. And though they all walked a little taller wearing their Marine Corps tan belts, for some of the sailors, their new sense of pride wasn't only located around their waists.

"MCMAP has an effect that transcends well beyond the physical activity," said Capt. Michael A. Thompson, officer in charge of TQ Surgical, 1st Marine Logistics Group (Forward).

"It's a team building exercise," said Thompson. "It teaches leadership, it teaches cohesiveness and unit integrity."

"And plus it's fun," added Thompson.

"How often do you get to put your boss in a headlock," said Lt. Cmdr. Pamela C. Harvey, a doctor with TQ Surgical.

Service members often paired up to practice their MCMAP regardless of rank. To the instructor, this type of bond is just another benefit of the program.

"It builds up their camaraderie," said Gunnery Sgt. Eric E. Harris, a company gunnery sergeant for Headquarters and Service Company, Combat Logistics Regiment 15, 1st MLG (Forward).

"It helps service members get to know each other better, beyond rank and work, they see a totally different side of a person," said Harris, a MCMAP black belt instructor.

"The people who took the class feel like they've accomplished something together," said Hospital Corpsman 1st Class Allan D. Felicano, with TQ Surgical.

It's a good way to gain more confidence by challenging one's fortitude and endurance, said Felicano.

And according to a few sailors, the class pushed them to their physical limits. Some said they wouldn't have made it without motivation from each other and from Harris.

"He's got a tremendous attitude," said Thompson of Harris. "He really fulfilled and exceeded my

expectations, and he integrated the technical aspects of martial arts training but really infused aspects of the team mentality."

Thompson recalled a time during the class when the students were performing a conditioning exercise. He said he had been wondering if it was capable of finishing the exercise, when Harris leaned over him and said, "You think you're tired, look at the guy next to you." Thompson saw the student beside him was a corpsman, and was tired, but not giving up.

"We inspired each other," said Felicano. "We started together and we finished together."

"They learned to never leave anyone behind, never quit trying and support each other," said Harris.

Besides a new sense of confidence and teamwork, the students also gained an improved ability to defend themselves. This may prove to be a useful skill for Corpsmen working closely with Marines.

"MCMAP gives us insight into the Marine Corps mission, and from a medical standpoint, there is no greater honor than being attached to a Marine Corps unit," said Thompson.



PORTSMOUTH, Va. – Hospital Corpsman Kori Prough sits in the crosshairs while receiving training from Hospital Corpsman 3rd Class Sarah Bullard on how to properly align patients while operating the dental department's new digital panoramic x-ray system aboard the Nimitz-class aircraft carrier USS Harry S. Truman (CVN 75) Dec. 16. *U.S. Navy photo by Mass Communication Specialist 3rd Class Kristopher Wilson*

NNMC Conducts Mass Casualty Exercise

By Mass Communication Specialist 2nd Class Matt Bullock, National Naval Medical Center Public Affairs

BETHESDA, Md. - The National Naval Medical Center (NNMC) hosted its most extensive mass casualty exercise Dec. 7 to strengthen the National Capital Area's emergency response and create a preparedness model for other communities.

Leaders from Bethesda Hospitals' Emergency Preparedness Partnership — the National Naval Medical Center, National Institutes of Health Clinical Center and Suburban Hospital — said the drill is vital in strengthening the partnership's resources and strategy.

"We recognize disasters take many forms and are unpredictable," Capt. Michael Malanoski, NNMC's Deputy Commander, said. "Yet, a successful response model isn't something you can create at the time of the catastrophic event. The key to preparedness is planning and training. This collaboration and integration of resources is what Bethesda Hospitals' Emergency Preparedness Partnership is about."

Rear Adm. Adam Robinson Jr., NNMC Commander, said the Collaborative Multi-Agency Exercise may take place on the Navy's grounds, but no single organization can take sole credit for the emergency alliance.

"Make no mistake, this is not a Navy-only effort," Robinson said. "This is a joint effort between military, local, state and federal entities."

Brian Gragnolati, Suburban Hospital health care system's president, credited Navy Surgeon General Vice Adm. Donald Arthur as the inspiration for the partner-

ship. He said Arthur circled the three hospitals on an aerial photograph and recognized the potential for a "medical megaplex."

Strategic planning and constant evaluation is critical to developing the partnership as best as possible, according to Dr. David Henderson, National Institutes of Health Clinical Center Deputy Director. He said the mass casualty exercise is the most efficient way for the partnership to test current emergency response plans and develop new ones.

"We had to put together a team and go through a formal strategic planning process that helped us set priorities for the partnership's resources and establish a timeline against which we can measure our performance and progress," Henderson said. "Drills such as this one afford us the opportunity to define the partnership's parameters and its possibilities with much more precision than we can while sitting in a conference room."

Joan Kleinman, Maryland Congressman Chris Van Hollen's district director, said she believes the partnership will be the catalyst for other U.S. communities. She said she appreciates the humbleness of each medical facility involved.

"Bethesda is an incredible place to have three world-class health and research institutions," Kleinman said. "And what makes these institutions even more incredible is their recognition that together, they can do so much more than each of them can do independently. This partnership is an unmatched model of flexible, effective and efficient emergency preparedness for communities nationwide."

Corpsman continued...

(Continued from page 2)

were killed instantly, and the fifth one died shortly after.

Even though Clark was the only corpsman present, he was not alone in saving the lives of the Marines.

"It was my Marines that helped me that day, especially my corporal," Clark said. "He did not have to help me, he could have set up security with the rest of the Marines, but instead he helped me."

Not only did Clark provide aid to every Marine but he also set up a casualty collection point, designated a landing zone for the helicopters that evacuated the Marines in critical condition and gave a thorough brief to the air medical crew on the status of each Marine which led to a quick evacuation.


Following the treatment and evacuation of the Marines, a quick reaction force arrived and collected the bodies of the fallen Marines as well as a explosive ordinance disposal team to check for any other IED's.

The mounted combat patrol finally arrived back on base around 1 p.m., said Clark, nine hours after it began.

"When we got back on base I had to go get new boots and a flak jacket," he said. "My flak jacket was shredded by the wreckage and my boots were covered in blood." Six hours after returning to base, it was time for another mission.

On July 2, there was a memorial service held for the fallen Marines, or as Clark refers to them as, his brothers.

"It makes me proud to serve with him, what he did over in Iraq," said Chief Hospital Corpsman Joe Gallardo, senior enlisted leader, branch medical clinic.



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